

### **CLAIMS**

1. Cross-country ski system, in which a cross-country ski (10) comprises a central zone adapted to receive a device (12) for binding a boot (14) to the ski, wherein the binding zone comprises a location (29) for receiving the binding device (12) and an upper support surface (28) of the ski, which is arranged on a least one side of the location (29) for receiving a binding device (12) and with which the boot is capable of coming in direct contact when the user exerts a pressure force, and characterized in that the receiving location (29) is formed by a recess of the upper surface (26) of the ski (10).
2. Cross-country ski system according to claim 1, characterized in that the ski comprises, in the central zone, at least one lateral shoulder that is arranged on one side of the location (29) for receiving the binding device (12) such that, due to a support, the boot (14) takes support directly on the shoulder (28).
3. Cross-country ski system according to any of claims 1 or 2, characterized in that the ski comprises two lateral upper surfaces (28) arranged on each side of the binding device (12).
4. Cross-country ski system according to one of claims 2 or 3, characterized in that the shoulder comprises a support surface that is arranged above the level of the upper surface of the location for receiving the binding device.
5. Cross-country ski system, characterized in that the upper support surface (28) of the ski is longitudinally arranged in an area corresponding to the metatarsophalangeal bending zone of the user's foot.
6. Cross-country ski system according to any of the previous claims, characterized in that the binding device (12) has, at least in the area of the support surface, a lower width than that of the ski.
7. Cross-country ski system according to any of the previous claims, characterized in that the ski has, at least in part of the central zone, an upper surface, the transverse width of which is greater than the width of the lower gliding surface of the ski.